

What's inside

by Nelly Childress

HHOA President Paul Coyne gives a bird's eye view of major maintenance undertakings that have been accomplished this summer while we were either on vacation or lolling around in the swimming pool. Lynn Miller reports on the celebration of Hopkinson House's 50th anniversary this year. He reminds us that our building and Society Hill Towers built later, I quote: "were the high-rise bookends designed to anchor the revival of Society Hill as a premier residential neighborhood..." It is *à propos* for Louis DeSoldo to tell us why our building has been named in honor of the ingenious author, composer and signer of the Declaration of Independence: Francis Hopkinson. If you have not yet visited our newly redesigned website, read the interview of resident webmaster Andrew Thompson by Susan Tomita. Andrew redesigned the website using the same basic elements set up by the first resident webmaster, Charles Tarragano. Get to know André Dicks, Maintenance

Department's longest employed individual, through Enny Cramer's interview. Robert Devoe muses over the future of libraries and particularly books. The issue, he says, is not access but excess. David Roberts has more about diet and health; learn to select and enjoy a nourishing, balanced diet. Scott Childress mentions the dogs at Hopkinson House 50 years ago.

Pleasant reading! ■

Tales from the quiet room

by Robert Devoe

"...There was a land of Cavaliers and cotton fields called the Old South..."

"Here in this pretty world, Gallantry took its last bow. Here was the last ever to be seen of knights and their ladies fair, of master and slave. Look for it only in books, for it is no more than a dream remembered. A civilization gone with the wind..."

—Gone with the Wind,
1939 film title card

As summer fades, so do



Dogs were permitted when Hopkinson House opened in 1962–63, but were forbidden when the building began to fill. With 18 apartments on each floor, the dog population rapidly overwhelmed the four elevators, especially since early and late concentrated usage was the pattern.

—Scott Childress

on the HOUSE

The Newsletter of
Hopkinson House • Fall 2012



the days of our books. Now is the time for all dedicated readers to come to the aid of their favorites. Books are becoming an endangered species. In future days, they will continue to be published and purchased and read and loaned and borrowed and lost and discarded. They may even be burned.

There is no villain in this saga. The issue is not access, but excess. Plus, the ongoing technological innovation which made books an endangered species.

Libraries everywhere strive valiantly to find spaces for their book inventories. The old books silently make way for the new. "Classics" are not exempt from disposal. The ongoing quest is for more space and more services to meet the needs of more customers.

In spite of this bleak picture, books continue as a necessary and cherished item in our society. They provide information, they offer hope and diversion, they help us pass days and nights. If you are a confirmed and dedicated book lover, there are never enough books to read.

In most libraries, books compete with each other for limited shelf space. The Hopkinson House Library is no exception. The shelves are bulging with books of all types and sizes. There is no catalog

listing our inventory; what you see is what we have. Books newly donated mix with daily returns.

We do not buy our books; they are donated by residents. We began in 1984. Over more than a quarter century, our library has grown to become the largest such in-house facility in the City's apartment buildings. Even a recent visitor from the Free Library's Parkway offices expressed admiration at the size of our holdings.

The library's prime products during its existence have been fiction and mystery novels—hardback, softcover, and paperback. Also on shelf are biographies, histories, political studies and religious studies, as well as business, finance, law and medicine. A recent influx of poetry and travel books has broadened the scope. But if past practice is any indication, few of these books will ever circulate. They will simply sit on our shelves, awaiting an occasional browser or even a single borrower. In anguish, perhaps, they (and their authors) cry out: "Borrow me. Read me." Even the classical literature we read in school is a victim of diminishing interest.

Library additions here seem to follow current events. Earlier this year, we received five biographies of troubadour Bob Dylan shortly after he was awarded the Presidential

on the HOUSE

Editorial Committee
Nelly M. Childress
Enny Cramer
Lynn Miller
David Roberts
Dan Rothermel
Susan Tomita

Council Liaison
Paul Coyne

Graphic Design
Desperate Hours Productions,
desperatehours@earthlink.net

Advertising
Louis DelSoldo, (267) 249-7843
ldelsoldo@friendscentral.org

Photography
David Roberts

Issue Contributors
Nelly Childress
Scott Childress
Paul Coyne
Enny Cramer
Louis DelSoldo
Robert Devoe
Lynn Miller
David Roberts
Susan Tomita

Medal of Freedom. And, in this summer in which the sun shone ever brightly on England, we received an entire box load of histories and novels about the monarchy past and present.

But, as shelf spaces dwindle, there is a need to reduce and dispose of books. So, a massive reorganization is currently underway. The intent is to free up as much shelf space as possible in order to improve accessibility without reducing overall availability.

Our goal is to give greater prominence and display to our prime products, those mysteries and novels (and authors) which have become readers' favorites. In the remainder of 2012 and into 2013, there will be a few massive purges as we reduce the overall inventory. Some of the books we discard will be donated to other area libraries

and thrift shops. Others will be designated for disposal.

The days of the printed Book as a commercial commodity are nearing an end. Libraries everywhere will soon enter a new dimension of functional services keyed to ever-expanding Internet technologies. Hopkinson House will continue to maintain its library, but the number of books we hold will likely diminish. The Quiet Room will still be a meeting room, reading room, and study room available in service to our residents ■

Message from Council

by Paul Coyne
HHOA Council President

Three simultaneous major projects undertaken in the spring and summer of this year

are scheduled to be completed by the time this newsletter is published. We are also pleased to announce that thanks



to our diligent preventive maintenance Hopkinson House's facades are in excellent condition. Furthermore, our contract is about \$300,000 under budget and has kept on schedule.

As of the writing of this article:

- The ground-floor commercial window-replacement project is completed and the new

windows look great.

- The work—inspection, masonry repair and painting—of the south and east facades of the building is completed as well as the annual window-washing. The north side of the building has the inspection completed and masonry repaired. Painting is to be finished before October.
- The work on the mezzanine air handler's duct and controls has also been finished.

These multitask projects performed by different unions and craftsmen required complex coordination on the part of Chief Engineer Tony Kelly and Building Manager Judi Forte. Weekly planning and scheduling meetings were held with contractors and sub-contractors taking into consideration many variables such as weather conditions and the significant risks involved with the work.

Hopkinson House staff provided important support keeping disruptions in our public spaces to a minimum. [Remember the tunnel entrance during the installation of the lobby's front-door and window?] Maintenance and Housekeeping staff were of great help to the residents who could not cope with the mini-hell of moving balcony furniture and/or potted gardens and other disruptions.

Council followed all of the construction projects and kept track of the work and schedules. It supported the flow of information to the residents – schedules were posted on the bulletin boards and on our website, specific announcements were slipped under residents' doors.

It may be worth a minute

to remember the first masonry inspection, repair and painting of the building. Major portions of the masonry needed significant repairs. Sections of the balcony walls, floors and of the façades had to be chiseled out and rebuilt. Many of the procedures and working conditions then would have been illegal in 2012! Costs soared and losses were almost big enough to bankrupt the building.

Our thanks go to the contractors who took pride in their work, to residents who were patient under trying conditions and to the management team who kept things moving.

On other matters:

- The Smoke-Free Building program is in place. We are now part of the growing community of condominium buildings that are smoke-free.
- The landscapers cleaned up the planters and planted fall flowers. They trimmed the greens in the courtyard and mulched the entire area.
- HHOA sponsored the fiftieth anniversary celebration of Hopkinson House on September 9, 2012 in the courtyard. Thanks to the Special Events Committee, Housekeeping

and all who helped make it a success.

On another note, some problems in the laundry room have been reported to Management, specifically complaints about several machines and flooding on the floor. An engineering firm has been consulted about the water overflow problem and the result of their inspection is forthcoming. Replacing some of the washing machines with more efficient and water-conserving ones is under consideration. More as things develop. ■

André Dicks, a very special person

by Enny Cramer

The Hopkinson House Maintenance Department's longest employed person has been happily working for us since November 1991. He looks like a smiling youngster, which is amazing, considering the fact that he has been married for 34 years, has a 30-year old daughter and three grandchildren. His daughter has an M.S. in Health Administration and

works at the VA Hospital; André's wife is an accounts manager at the IRS.

André, a supervisor, works inside individual units that need upkeep or repair on plumbing, convector overflow, electrical or hard-wood floor problems. André does it all. He acquired his considerable skills at a vocational school in Philadelphia, where he specialized in auto mechanics. He had his own garage for two years in the early Eighties. He has a PA license in mechanics and in plumbing, good qualifications in our current economy. And he does it all with a smile, while reporting to our chief engineer, Tony Kelly.

In his free time, André likes to watch sports on TV, specifically football. He no longer plays sports except fishing off a dock. So, he is a quiet sports fan, no longer jumping hoops, as he did in high school. In addition to these home activities, he likes to travel with his wife, having made trips to the American West and South, and cruises in the Caribbean.

André is clearly a team player, being the second of four children, a difficult position in a family. He lives in the Overbrook section of our city. His Mom lives in Mount Airy.

It is a delight to hear and see him talk about his family, his eyes sparkling. When talking about his work he adopts a more serious demeanor, obviously aware of the responsibilities of his job. Without our maintenance department our building would fall apart.

Hail André, and congratulations on your longevity in our workforce! ■



Longtime maintenance employee André Dicks.

Washington Square Pharmacy

241 South 6th Street
Philadelphia, PA 19106

Prompt Delivery Service!

Most 3rd Party Plans Accepted

Independently Owned

Business Hours

Mon - Fri	9 a.m. - 7 p.m.
Saturday	9 a.m. - 3 p.m.
Sundays	9 a.m. - 1 p.m.

Phone: 215-925-0300
215-925-1466

Fax: 215-829-0820

Haute Mexican? Divine Mexican!

Forget any preconceived notions you may have about Mexican cuisine. Paloma's elegantly refined dishes are neither spicy nor slathered with cheese.

Chef-owner Adán Saavedra (a 2011 semifinalist for the James Beard Awards) applies French cooking techniques to the ingredients of his native Mexico for a cuisine that is visually stunning and unforgettably delicious. Be sure to leave room for one of Paloma's fabulous desserts, too – they're all house-made by the chef's wife, a practicing lawyer.

\$30 three course prix fixe dinner offered Tuesdays through Thursdays. Open Tuesday through Saturday for dinner only beginning at 5:00 pm. Paloma is BYOB and accepts all major credit cards. Reservations are recommended. For our friends at Hopkinson House only – present this ad for one free dessert with purchase of appetizer and entree.

763 South 8th Street (between Fitzwater and Catharine) • 215.928.9500 • www.palomafinedining.com



Paloma
Mexican Haute Cuisine

Keen Creations
Professional Interior Painting

- Traditional Painting
- Faux Finishes
- Decorative Finishes
- Damask Stenciling
- Venetian Plaster
- Sand/Stone Finishes

Ernie Keen 215-901-4683
keencreations@comcast.net



Call today for
a free estimate

High-rise apartment renovations • Residential renovations • Custom kitchens and bathrooms • Tile and natural stone installation • Drywall • Doors and closets • Hardwood, laminate & cork flooring • Custom carpentry and molding systems • Water damage repairs • Sound insulation • Small jobs, too!

Office 267-718-8982
Fax 215-334-3704
Email S2521john@gmail.com
scirrottocontractors.com

SALE

Hopkinson House #1116

Rarely available two-bedroom with balcony
Hopkinson House corner unit overlooking
Washington Square Park is renovation-ready
and presently offered at \$379,900. For information
and to arrange viewing, please email
hopkinsonhouse1116@yahoo.com or call
954-895-9290. Visit www.HopkinsonHouse1116.com
for additional information and updates.



Allan Domb Real Estate
Center City Condominium Specialists

NOW AVAILABLE FOR SALE AT



Completely renovated one
bedroom on a high floor with
river and city views, one
custom kitchen and
designer bathroom. 778 sf

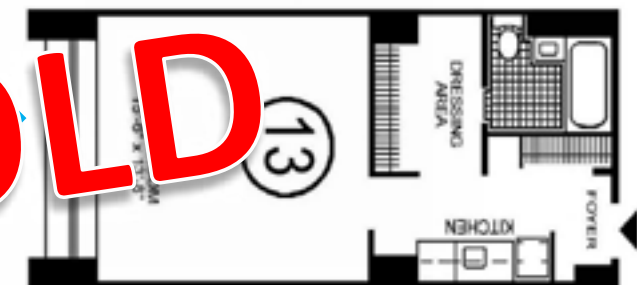
\$309,900



1 Bedroom / 1 Bath - Plan 08 - Even Floors

Efficiency with excellent
natural light and south
views. 415 sf

\$199,900



Allan Domb Real Estate

PHILADELPHIA'S LARGEST SELLING CONDOMINIUM REALTOR® WE COOPERATE WITH ALL REALTORS®
1845 Walnut Street, Suite 2200, Philadelphia, PA 19103 Phone: 215.545.1500 Fax: 215.226.3662 domb@allandomb.com



THANK YOU!

Without your referrals and your loyalty
this would not have been possible.



Jody & Johanna

Jody Dimitruk 215.480.4964 jdimitruk@aol.com
Johanna Loke 215.350.0922 jladre@aol.com

**2010-2011 Members of Chairman's Circle
Top 2% of Prudential Network!**

PRUDENTIAL Fox & Roach Realtors

1818 Rittenhouse Square, Philadelphia, PA 19103 / 215.893.9800

Hopkinson House celebrates half a century

by Lynn Miller

An unprecedented number of Hopkinson House residents and their friends joined in a 50th birthday party for our home on September 9. Guests were greeted in the courtyard by a sparkling late afternoon sun, delicious hot and cold hors d'oeuvres provided by Ristorante La Buca, and drinks and other munchies dispensed by volunteers from the Special Events committee and our own Washington Square Citizens League. The Big Band from the Valley got us in the mood with "In the Mood" and other oldies from the era of our building's birth.

Paul Coyne, president of the Hopkinson House council, opened the festivities with introductory remarks. Then I got to say a few words about our history and the legacy of the 18th-century Philadelphian and patriot of the Revolution, Francis Hopkinson, for whom our building is named. The construction of Hopkinson House in 1961–63 and the Society Hill Towers months later were the high-rise bookends designed to anchor the revival of Society Hill as a premier residential neighborhood begun during the administration of Mayor Richardson Dilworth.

No such residential towers had ever been built east of Broad Street before. No one could be sure when they were planned that they would attract enough residents to lure others into investing in the many

18th- and early 19th-century houses that lay semi-derelict between them. But the rest, as they say, is history. Tenants began to move into the lower floors of Hopkinson House before the upper stories were finished. Fifty years later, we're on the Philadelphia Register of Historic Places.

Since major milestones are partly about reminiscences, partygoers were reminded that in 1962 we'd had a missile crisis; Johnny Carson became host of the *Tonight Show*; Sean Connery starred in the first James Bond movie, *Dr. No*; the Beatles made their first singles recording; John Glenn became the first American to be propelled into orbit around the earth; and gasoline cost 28 cents per gallon.

The highlight of our birthday party was acknowledging the presence of three original residents in our building. Nancy Snyder is a retired real estate broker who rented—and sold after our building became a condo—dozens, maybe hundreds, of apartments in Hopkinson House. Byron Fink recalled that when he first moved into the building, residents had to enter through a plywood tunnel because of ongoing construction above. Scott Childress took up residence here as a bachelor, but at this half-century party he was ably assisted by his wife, Nelly, in cutting the birthday cake.

That delicious cake, by the way, bore an image of our building in its frosting. The replica—but not, fortunately, the original—was thoroughly demolished by party's end. ■



From top: Lynn Miller addressing the crowd with members of The Big Band from the Valley in the background; cutting the cake; a crowd of residents listening to the band; HHOA President Paul Coyne with Nelly Childress of the Special Events Committee.



Give the Gift of Mobility!



LibertyWheels
Mobility for **Everyone**

- Scooters
- Wheelchairs
- Lifts & Ramps
- Bath Aids
- Service & Repair
- Home Mods
- Vehicle Mods
- Rentals

Medicare and other
insurance accepted!



Show this ad
for a 10%
discount!

714 Market Street, Philadelphia, PA 19106
877-7-LWHEELS
www.libertywheels.net

Who was Francis Hopkinson?

by Louis DeSoldo

Residents of Hopkinson House pass a plaque in the lobby of our building every time they go in or out. It states that this building is named in honor of Francis Hopkinson, "author, designer of the American Flag and signer of the Declaration of Independence." But there is much more to this fascinating historical figure than these few words describe. In a letter to his wife, John Adams described Francis Hopkinson as "one of your pretty, little, curious, ingenious men," whose head "...is no bigger than an apple." Adams found him "amusing," "entertaining," "genteel," and "well-bred." Benjamin Rush also described him as "a little below the common size with small but animated features."

Born in Philadelphia in 1737, Francis Hopkinson was the son of Thomas Hopkinson, friend of Benjamin Franklin and trustee of the Academy of Philadelphia, the secondary school which was the precursor to the College of Philadelphia, later to become The University of Pennsylvania. Francis was enrolled in the first college class in 1751 when he was just 14. A gifted student, Franklin took an interest in the young man despite the differences in their ages, encouraging him and lending him books and scientific instruments. Graduating in 1757, Francis received a Master's degree in 1760 and an honorary law degree in 1790.

Francis Hopkinson was a Renaissance man, fine-featured, intelligent and personable, he had many interests and accomplishments in music, literature, science and design.

At the age of 17, while still a student at the College of Philadelphia, Francis taught himself to play the harpsichord and to hand copy songs, arias and instrumental pieces by many European composers. In 1759, while still a student, he composed on paper a song that he entitled "My Days Have Been So Wondrous Free," making him the first American to record an original musical composition.

first as secretary to the Provincial Council of Pennsylvania Indian Commission. Then he was appointed customs collector for Salem, N.J. And after several years, he was off to England in vain hopes of securing a position as commissioner of customs for all of North America. Unsuccessful, he opened a dry goods business in Philadelphia.

At this time, he met and married Ann Borden, daughter

New Jersey bar. From New Jersey he was chosen to represent the state at the Second Continental Congress, and as a representative from New Jersey he signed the Declaration of Independence.

During his early years in Philadelphia he was, like most citizens, loyal to the British Crown. In 1762, he delivered the commencement address at the College, entitled "An Ode on the Accession of His Present, Gracious Majesty, George III." As the decade unfolded, however, Hopkinson was to become one of the staunchest supporters of American independence. His most famous satiric work is *The Battle of the Kegs*. Written in 1779 after the British had captured Philadelphia, it describes an attempt by the Colonials to float mines made from powder kegs down river toward the British ships docked in Philadelphia. Hopkinson wrote:

*The royal band now ready stand,
All ranged in dread array, sir,
With stomachs stout to see it out,
And make a bloody day, sir.
The cannons roar from shore to shore,
The small arms make a rattle'
Since war began, I'm sure no man
E'er saw so strange a battle.*

Hopkinson also wrote amusing essays such as *Typographical Method of Conducting a Quarrel*, and *Essay on White Washing*. He also published scientific articles, collaborating with David Rittenhouse on "An Account of the Effects of a Stroke of Lightning on a House Furnished with Two Conductors."

But did Francis Hopkinson really design the flag of the United States? What ever happened to Betsy Ross? Most historians agree that the design was his. The

CONTINUED ON PAGE 13



Portrait of Francis Hopkinson as painted by David Hollenbach.

Music was to hold a lifelong fascination for him. He played the organ at Christ Church and composed hymns. His crowning musical achievement was his composition, "Seven Songs for the Harpsichord," which he dedicated to George Washington.

Francis Hopkinson spent a decade after graduation from the College trying to find himself. He served in a variety of capacities,

of Judge Joseph Borden, a prominent and wealthy citizen of New Jersey, who operated a boat and stage line running from Philadelphia to New York. The couple, who would go on to have five children, moved to Bordentown, New Jersey and Hopkinson became an assemblyman for the state's Royal Provincial Council. Shortly thereafter he was admitted to the

OMNI  HOTELS®
 independence park | philadelphia
 401 Chestnut Street | Philadelphia, PA | 215-925-0000



Have Your Friends
 And Family Stay
 at the 4 Diamond
 Omni Hotel!
Special Rate of \$139.00
 Call Chris Laufer 215-931-4210
 *based on availability

Enjoy Four Diamond
 Dining or Cocktails
 in the Azalea Restaurant
 or Salon 401 and
Receive 25% off!
 *not valid for groups or holidays



**SMART,
 RESPONSIVE,
 EXPERIENCED**
**"Real Estate
 MatchMaker"**

Whether you're selling or buying
 a home in amazing Center City,
 Bari Shor cares and *delivers* for you.

Call Bari today: 215-790-5678
email: Barishor@aol.com

Prudential Fox & Roach Realtors
 215-546-0550 x 5678



Wood Mode
 FINE CUSTOM CABINETS

For the Experience
 ... in design, project management and construction

TEKNIKA
 DESIGN GROUP
 Kitchens — Baths — Custom Cabinetry

215-922-4414
 www.teknikadesigngroup.com
 225 Race Street
 Philadelphia, PA 19106

5% off cabinetry with this ad!

Official Auto, Home and Life Insurance Partner of 



**"BUNDLE AND SAVE
 UP TO 25%."**

- Dale Earnhardt Jr.
 Nationwide Insurance® Customer

CALL for a QUOTE TODAY! (215) 574-9080

 **Nationwide
 Insurance**

Deanna Gannon Coyne
 Gannon Coyne & Associates, Inc.
 108 South Street
 Philadelphia, PA 19147

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43215. Subject to underwriting guidelines, review, and approval. Products and discounts not available to all persons in all states. Savings compared to standalone price of each home, auto, and life policy, based on national new customer data from May 2010. Availability and discounts vary by product, state and other factors. The NASCAR Nationwide Series logo is used under license by the National Association for Stock Car Auto Racing, Inc. and Nationwide Mutual Insurance Company. NASCAR® and the NASCAR® logo are registered trademarks of the National Association for Stock Car Auto Racing, Inc. Nationwide, Nationwide Insurance and the Nationwide framework are service marks of Nationwide Mutual Insurance Company. ©2011 Nationwide Mutual Insurance Company. All rights reserved. Paid endorsement. The JR Motorsports logo and the name, likeness and signature of Dale Earnhardt, Jr., and all related trademarks and copyrights are used with the permission of JR Motorsports, LLC and JRM Licensing, LLC. ADP-1300 (02/11)

**Produce
 Pros!**

**Fresh
 and
 LOCAL**
 Every Day!

 *lovine's*

 *Fair Food*

 *Kauffman's*

 *OK Produce*

READING TERMINAL MARKET
 MON-SAT 8-6 & SUN 9-5 • \$4 PARKING • 12TH & ARCH STREETS • 215-922-2317
 www.readingterminalmarket.org



Ristorante La Buca Celebrating 31 Years

*Opening a pasta/bar menu served
from 11:30 A.M. through closing*

Eat in or takeout

(215) 928-0556



Hi Tech. Hi Touch.

A Winning Combination – in Person and on the Web!

Hopkinson House

Unit #3115 - Penthouse Level
Spectacular Views – Southern
Exposure! One Bedroom, Bath
(778 sq ft), Balcony off Living
Room. In need of a lot of TLC –
PRICED TO Sell \$235.9K.

Just Listed and Rented!

Unit #1206 - Lovely View of
Washington Sq from this
L-Shaped Studio (477 sq ft) –
Totally Rented – Hardwood
Floors, New Kitchen and Bath and
Lots of Closets! – Rent \$1,300.

Please Note –

I have Qualified Buyers looking for 2 and
3 Bedroom Units. If anyone is interested in
selling, please call or e-mail your Neighbor!



Buying? Selling? Renting?
Please call or email your neighbor,

Rosemary Fluehr

Associate Broker, GRI
215-440-8195 – Direct
215-627-6005 – Office
215-514-9884 – Cell
rosemary.fluehr@prufoxroach.com
www.rosemaryfluehr.com



Prudential

**Fox & Roach,
REALTORS®**

530 Walnut Street, Suite 260
Philadelphia, PA 19106

CONTINUED FROM PAGE 9

U.S. Postal Service recognized him as its creator on Flag Day in 1992. His original design, however, had six-pointed stars, and not the five-pointed ones Betsy Ross stitched into the original flag. Hopkinson is also credited with the design of the pyramid on the back of the dollar bill.

After the war George Washington appointed Francis Hopkinson judge of the United States for the district of Pennsylvania. He returned to Philadelphia, establishing a homestead on Arch Street between 4th and 5th Streets. He served on the committee that helped draft the constitution in 1787. Hopkinson died in Philadelphia at the age of 53 from a sudden epileptic seizure. A long time vestryman and organist at Christ Church, he also worked in the church school to teach freed slaves to read and write. Buried at Christ Church Burial Ground, his grave lies just beyond the *allée* in a sunny spot surrounded by maple and holly trees. He was survived by his wife, Ann, three sons and two daughters. His son, Joseph Hopkinson, went on to become a member of the United States House of Representatives. Upon the death of Ann, his two black slaves, Violet and Dan, were freed.

Because it was located in the historically certified area of Society Hill, the 1960 plan for Hopkinson House had to be approved by The City Planning Commission, the Philadelphia Historical Commission and the Old Philadelphia Development Corporation. A condition of the agreement of sale was that the building be named “Hopkinson House.” ■

Diet and health: facts, fads, and fallacies

by David Roberts

Previous articles in this series showed us that, of the three major nutrients, both protein and fat are essential to health and life while carbohydrates are not only unnecessary but potentially harmful. Whereas proteins and fats are just as effective as carbohydrates in providing energy, carbohydrates eaten to excess cause the metabolic syndrome—obesity, type 2 diabetes, and cardiovascular disease.

It is true that carbohydrates facilitate food preparation, e.g., placing food on toast, in sandwiches, in pastry, or over rice or pasta, and add greatly to the pleasure of eating, but we should limit the amount of carbohydrate we eat. We saw that dyslipidemia (“high cholesterol”), and its associated cardiovascular disease, are caused not by eating cholesterol or fat but by eating too much sugar, particularly fructose. Fructose is the toxic half of the sucrose table-sugar molecule.

I had hoped to complete my thoughts on diet and health in the third article, “Diet details left dangling,” but there was space for only half of what I meant to write. Here is the other half, the remaining “details left dangling.”

The USDA food pyramid

A food pyramid represents all that we eat and it is divided into compartments containing the various types of food. The size of each compartment is intended as a guide to how much of each food we should eat. The first food pyramid was produced in Sweden in 1974. The US Dept of Agriculture (USDA)

unveiled its first pyramid in 1992. Every few years the USDA modifies its recommendations and issues a new pyramid. Most recently USDA switched to a “food plate,” which is supposed to be easier to understand but simply puts the same information in sectors of a plate instead of compartments of a pyramid.

Unfortunately the recommendations have been distorted from the outset by two related forces—the USDA’s cereal-grain lobby, which exists to sell more grain, and the ill-founded and long-discredited anti-fat crusade that was begun in the 1970s by an influential medical scientist, Dr. Ancel Keys. After trying for years to persuade the medical community to accept his ideas Dr. Keys enlisted the aid of prominent senators of both parties, almost all from grain-producing states, who turned his flawed science into government policy. Forty years later the policy is still with us, as exemplified in the food pyramid.

The large base of the pyramid, the category we are supposed to eat most of, is filled with foods made from cereal grains—bread, pasta, breakfast cereals, etc. These, of course, are foods we should keep to a minimum if we wish to stay trim and healthy. Sweets, fats, and oils are squeezed into the smallest space, the tip of the pyramid. Correct for sweets but dangerously wrong for fats and oils.

You should ignore the advice regardless of whether it’s served in a pyramid or on a plate.

Vegetarians

There are two kinds of vegetarian and each can enjoy a nourishing, balanced diet. Ovoviviparous vegetarians avoid the killing of animals, birds, or fish on their behalf but they eat

eggs and dairy products, foods obtained without pain from hens and cows. (Cows suffer pain if they are *not* milked on time. Hens lay eggs continually regardless of whether the eggs are collected or sold.) Eggs and dairy products efficiently replace meat, providing animal protein of the same high quality and all the vitamins, fats, and minerals that meat would otherwise supply. If you wish to be a vegetarian, ovoviviparous is the better way.

Strict vegetarians (vegans) refuse to eat anything from the animal kingdom. Vegans, however, can follow a healthy, balanced diet, although this requires thought and effort. Their biggest problem is replacing animal protein in a way that fulfills human needs. Plant proteins lack amino acids that humans must have but, fortunately, different plant proteins lack different amino acids. As a result vegans can avoid deficiencies by combining several different plants as the protein sources in their diet.

Vegans have learned that nuts and beans are more nutritious than cereal grains. They provide quite good protein and fat, and walnuts in particular tend to be rich in omega 3 fatty acids. By eating nuts and beans vegans also avoid the excessive starch and omega 6 fatty acids typical of cereal grains.

Antioxidants

Antioxidants protect us by destroying the toxic free radicals of oxygen that are frequently formed in our bodies. Antioxidants are readily absorbed from our food and they do their job very efficiently but, in most clinical trials, antioxidant supplements provided no benefit. The probable reason is that antioxidants abound in most foods, especially fruits and

Advertise in on the HOUSE

Standard ad sizes	From your computer files	From flat art, our designs or if changes are needed
Full page 7×9.25"	\$200	\$220
Half page 7×4.75"	\$150	\$165
Quarter page 3.5×4.75"	\$100	\$110
Eighth page 3.5×2"	\$75	\$83

***For ad reservation and payment questions,
please contact Louis DelSoldo at (267) 249-7843.***

***For ad production and design questions,
please contact Adam at Desperate Hours Productions:
(215) 813-9766 or desperatehours@earthlink.net.***

vegetables, so that our bodies are already flooded with them. Common antioxidants include vitamins A, C, and E (think ACE) and the stuff in grape skins that makes a good red wine feel like velvet in the mouth. You do not need to take an antioxidant supplement. It should be noted, however, that a current treatment for macular degeneration (MD) combines an antioxidant with zinc. If your eyes are afflicted with MD and this treatment is prescribed, don't argue about it.

Roughage and all-meat diets

Roughage or fiber is coarse carbohydrate that we cannot digest. As a result it passes through the intestines unchanged, providing "bulk" and thereby improving the mechanical action of the intestines. Because it is not digestible, however, roughage does not yield nutrients. The most useful roughage is the husks of cereal grains, which are removed as bran in the refining of flour. The husks are most useful when left on the grain, as in brown (unpolished) rice. The husk greatly slows the release and digestion of the starch inside the grain.

In those Asian countries where rice is a major part of the diet, people who were persuaded to switch from white to brown rice had far fewer cases of type 2 diabetes. When rice is polished, vitamin B₁ is lost with the husk. When the polishing of rice was first begun, people dependent on rice were devastated by vitamin B₁ deficiency—beriberi.

Other good sources of roughage include fruit, vegetables, salads, and nuts. There is a serious question, however, as to whether our digestive system needs roughage. The community of Inuit in the far north who were discussed in the previous article

of this series, ate nothing but fish and meat. They considered fruit and vegetables unfit for human consumption. Although they ate no roughage they were very healthy, and so were the anthropologists who shared their diet during years spent living with them. This observation is supported by other accounts of people enjoying good health while eating nothing but meat. Perhaps people who usually eat a lot of roughage become dependent on it to maintain intestinal function. It should be noted that the meat and fish these observations are based on were fresh, not salted or preserved.

For a good description and discussion of the evidence that man can thrive on a diet of nothing but meat or fish, read Gary Taubes' excellent book, *Good Calories, Bad Calories* (Alfred A. Knopf, New York, 2007; paperback edition by Anchor Books, New York, 2008). If you wish to try such a diet, do not overcook the meat or fish. That would destroy too much of its vitamin content. And be sure to eat some wild-caught fish or grass-fed meat to ensure you don't become deficient in omega-3 fatty acids, or instead you could take an omega-3 supplement.

Even if you love meat and fish, however, you surely wouldn't fancy the idea of eating nothing else. The fact that man can thrive on meat or fish alone is important science, and it makes nonsense of most current nutritional dogma, but to live that way would be plain monotonous. I would badly miss good cheeses, fruits in season, and the endless variety of fine cooking.

The glycemic index

The glycemic index (GI) indicates the tendency of a

food to increase blood sugar. A low-carb diet will be more effective if your daily 60 grams of carbohydrate is made up mainly of foods with a low GI. Examples are brown rice instead of white, whole-wheat bread instead of white, pasta or rice that is cooked *al dente* (firm and chewy) rather than cooked until it is soft, and whole fresh fruit rather than canned fruit or fruit juices. Meat, fish, eggs, butter, cheese, fats, and oils all have the ideal GI—zero. They won't raise your insulin or make you fat, and they are very nourishing. There are books on the glycemic index with tables of GI values for many foods.

A treacherous exception is the sugar, fructose, which has a very low GI (19 compared to 100 for glucose) and therefore is not fattening. As we have discussed, however, too much fructose causes cardiovascular disease. Fructose won't fatten you but it may kill you.

Trans fatty acids

Trans fatty acids are produced during the hydrogenation of vegetable oils to make margarine. Eating trans fatty acids causes a dyslipidemia associated with cardiovascular disease but eliminating them from your diet is easy.

If you must eat margarine, check the label for the presence of trans fatty acids or trans fats. Do the same for packaged foods that may have been made with margarine. While examining their labels check also for high-fructose corn syrup, which poses a similar danger.

Alcohol

Alcohol has no food value but it can affect body weight. It has been reported that alcohol promotes weight

gain by potentiating the insulin response to sugar. As a practical matter, if you need to lose a lot of weight and are following a low-carb diet, you will be more successful if you stop drinking alcohol. I speak from long experience. You will be delighted at how much faster the weight comes off.

If your weight loss fails to encourage you, and you are depressed by the prospect of the long abstinence from the pleasures of sugar, starch, and alcohol, designate one meal each week when you may eat and drink whatever and as much as you like. That will not appreciably retard your progress but looking forward to the weekly indulgence will make it easier to stick to your diet during the rest of the week. It's best to choose a time when you often dine with company.

Please leave your diet at home on festive occasions or when you are a guest at dinner. Life is too short and friends are too valuable. *Buon appetito!* ■

Everything in one place

by Susan Tomita

"Welcome to the newly redesigned Hopkinson House website. We hope you find the site a helpful addition to our community as well as a place to stay up-to-date on the happenings in and around Hopkinson House."

—HHOA Website
Committee, June 29, 2012

Our website, <http://www.thehopkinsonhouse.com>, now provides virtually all the information that people want to know about living in Hopkinson House, whether they are in the

THE PAINTER'S HERE



Michael Towson

Condominium
Painting Specialist

Cell: (609) 238-3343
Email: noswotm@aol.com

NickMeli, Jr.
CONTRACTING

Specializing in:
Interior/Exterior Renovations
Kitchens and Bathrooms
Electrical/Plumbing
Soundproofing
All Carpentry/Drywall
Free estimates, just ask!

PHONE
215-342-9961

FAX
215-942-9118

WEB
nmjrcontracting.com

E-MAIL
info@
nmjrcontracting.com

Licensed and
Insured

**Custom Drapery
& Installations**

By
Merritt J. Salvatore

*You are entitled to a Complimentary,
On-Site Consultation
(\$90.00 value) for any of the
services we provide.*

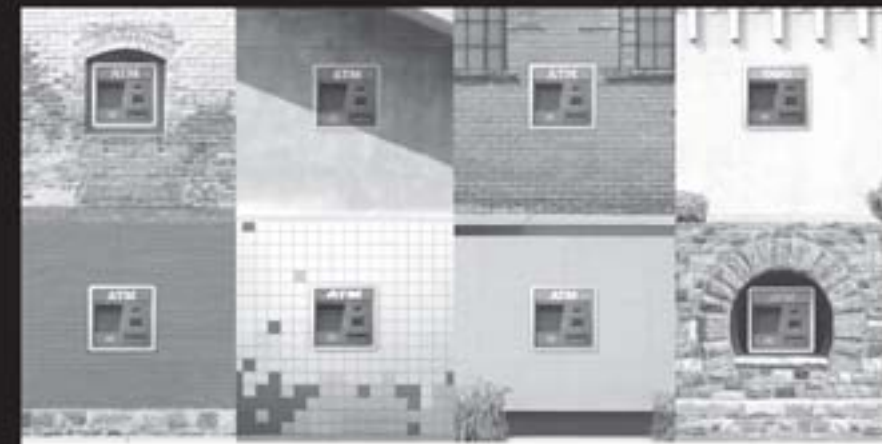
*This certificate is also good towards
20% off your order*

*Please mention this ad
with your order!*

*Call today to schedule an appointment
or
E-Mail: merrittcdi@aol.com*

**453 Pheasant Lane
Fairless Hills, PA 19030**

**Phone: 215-547-2880
Fax: 215-946-2722**



With PNC, every ATM can be your ATM.

We're dedicated to helping you on your financial journey. Which is why we offer free ATMs available worldwide. With most PNC checking accounts you won't be charged an ATM fee, no matter where life takes you. With PNC, your journey will be even more rewarding.

PNC BANK
LEADING THE WAY

pnc.com/leadingtheway

Eric A. Bowers, Branch Manager
Hopkinson House Branch

©2008 The PNC Financial Services Group, Inc. All rights reserved. PNC Bank Member FDIC.

building or are unfamiliar with it. The site uses the same basic elements set up by the first resident webmaster, Charles Tarragano. Now more complete, the website has every document that you need as a resident—in one place—which you can view and print, even from many smart phones!

Andrew Thompson undertook the redesign earlier this year as the new chair of the Website Committee. He has

of the process, he studied other condo websites in the city. The Hopkinson House website goes beyond the basic information to give visitors a flavor of the richness of life here.

Andrew did much planning, digging, and tweaking. He converted decades of documents provided by management staff into a uniform format (Adobe PDF) for posting on the website. He turned stacks of curiously labeled marketing materials into

It features a photo slide show of our environs and a brief introduction to Hopkinson House's distinguished history and features. Residents who don't use the internet can proudly direct family, visitors, and businesses to our website for most of the information they might want.

When you visit the website, you will see drop-down menus across the top for amenities, management, resident information, and news and events. Across the bottom are contact information and shortcuts to resident information and council information. Also at the bottom are quick links to sections on the pool, parking, phone numbers, downloads, and new information on neighborhood current events. Each page also links to the sitemap.

The Amenities page includes helpful telephone numbers, resident lobby services, floorplans, swimming pool (schedule, guest privileges, rules and regulations), parking garage, cable tv service, library, laundry room, neighborhood links, other helpful links, and "Submit a Comment." Here you can click on a link to find a page listing all of the businesses in the building, including a description, regular hours, and website links.

The Management page includes management office, maintenance, staff, and Council. Here you will see photos of the Hopkinson House management team, employees, and Council members, as well as the latest Council updates.

The Resident Information page includes a welcome to new residents, community rules, and maintenance services. Here you can check move-in/move out fees, utilities and Comcast contact information, trash

disposal rules, a linked index, and much more.

The News and Events page features building news and updates. *On the House* newsletter archive, Washington Square Citizens' League, "Around the House" events listing, news of special interest, "Suggest an Event," and links to local attractions. Here you will find everything from the balcony repair and paint schedule to flu/pneumonia shot clinic arrangements and the WSCL Discussion Group schedule.

Finding out after it happened...

Andrew subscribes to various bulletin boards to keep up with things going on in the neighborhood, including the Tourism Board's UWISHUNU weekend picks of coming events.

"We live in a great place," says Thompson. "People live here for a reason, because we have all these things. Now our website is a place where they can find out about all that."

Not surprisingly, keeping these listings fresh is the most time-consuming part of his website work now.

The comments so far are very positive...

Serving on the Website Committee with Andrew are Nelly Childress, Robert Devoe, Murray Savar, and Council liaison, Ed Kurilla. They welcome your feedback through the online suggestion and comment forms, which will help Andrew improve the website. A Google search tool is in the works, as are additional page navigation aids, cross-reference links, and other refinements. So, visit thehopkinsonhouse.com and kick the tires. And watch the home page photos change as the autumn season approaches. ■



Andrew Thompson, Hopkinson House's resident webmaster.

lived in our building since 2008, after he and his partner moved from Rhode Island. An urbanite at heart, Andrew teaches at Friends Select School in Center City and enjoys Hopkinson House's proximity to so many cultural sites and activities.

With some experience in designing web pages, Andrew aimed for a clean look with easy navigation and visual appeal in redesigning our website. As part

a neat, complete set of PDF floor plans for every original Hopkinson House unit. He also added cool features, such as the smooth scroll that delivers targeted information with the click of a mouse.

Wondering when the market is open...

As our public face on the internet, the website home page is our electronic welcome mat.



Digital Mammography

at the Tuttleman Center

Pennsylvania Hospital outpatient radiology at the Tuttleman Center provides patients with outstanding personalized care from board certified radiologists.

Mammography remains the most accurate screening method for detecting breast cancer. Digital mammography offers several advantages over traditional mammography including:

- The ability to detect tumors difficult to identify by traditional mammography
- Flexible plates for greater comfort
- Completion of exam in half the time of traditional mammography
- Less radiation exposure than traditional mammography
- Enhanced imaging details for radiologists; allowing greater precision and eliminating the need for repeat screening
- The ability to store and send images electronically, providing instant access to your medical records anywhere in the world

All mammography films are read by full-time, board-certified Penn radiologists who specialize in breast imaging. Mammography appointments are typically scheduled within the week of the initial request.

Other services include:

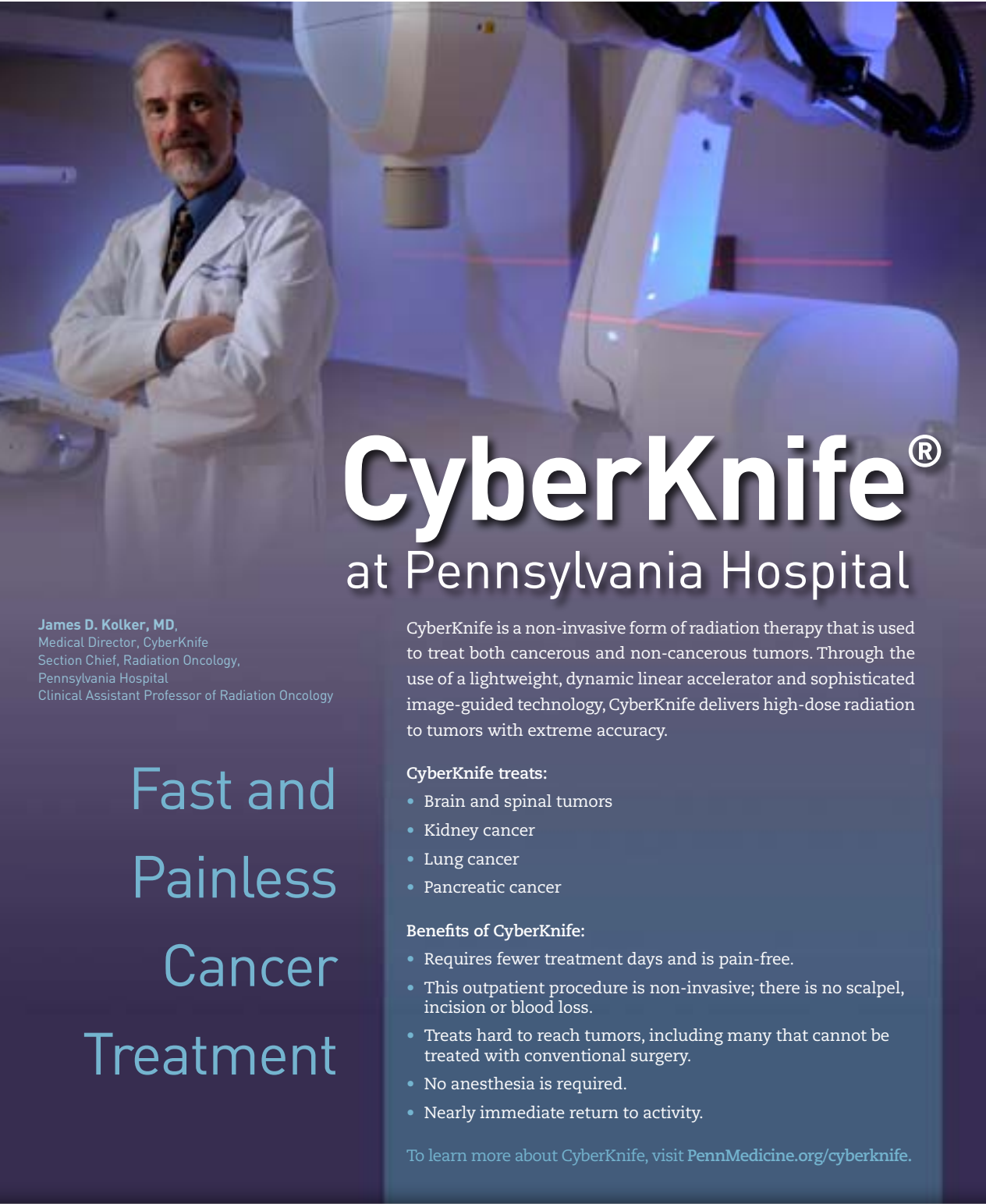
- Ultrasound
- MRI
- CT scan
- DEXA (bone mineral density measurements)
- General diagnostic radiography
- DentaScan

Tuttleman Center

1840 South Street, 3rd Floor
Philadelphia, PA 19146

Phone: 215.829.6670
Fax: 215.893.7011

For directions and parking information,
please visit PennMedicine.org/radiology.



CyberKnife®

at Pennsylvania Hospital

James D. Kolker, MD,
Medical Director, CyberKnife
Section Chief, Radiation Oncology,
Pennsylvania Hospital
Clinical Assistant Professor of Radiation Oncology

CyberKnife is a non-invasive form of radiation therapy that is used to treat both cancerous and non-cancerous tumors. Through the use of a lightweight, dynamic linear accelerator and sophisticated image-guided technology, CyberKnife delivers high-dose radiation to tumors with extreme accuracy.

CyberKnife treats:

- Brain and spinal tumors
- Kidney cancer
- Lung cancer
- Pancreatic cancer

Benefits of CyberKnife:

- Requires fewer treatment days and is pain-free.
- This outpatient procedure is non-invasive; there is no scalpel, incision or blood loss.
- Treats hard to reach tumors, including many that cannot be treated with conventional surgery.
- No anesthesia is required.
- Nearly immediate return to activity.

To learn more about CyberKnife, visit PennMedicine.org/cyberknife.

Fast and Painless Cancer Treatment

800.789.PENN | PennMedicine.org



Allan Domb Real Estate Sells Hopkinson House

604 S. Washington Square, Philadelphia, PA 19106

**Thinking about buying or selling a Hopkinson House condo?
Call us. We get the job done.**

Hopkinson House homes recently sold by

Allan Domb Real Estate:

117 | 408 | 414 | 801 | 803 | 806 | 808 | 816 | 902 | 1408 | 1602 | 1607 |
1608 | 1609 | 1709 | 1715 | 1913 | 2003 | 2006 | 2007 | 2315 | 2317 | 2805
| 2910 | 2911 | 2914 | 3113

Allan Domb Real Estate

PHILADELPHIA'S LARGEST SELLING CONDOMINIUM REALTOR® WE COOPERATE WITH ALL REALTORS®

1845 Walnut Street, Suite 2200, Philadelphia, PA 19103 Phone: 215.545.1500 Fax: 215.226.3662 domb@allandomb.com



604 Washington Square South, Philadelphia, Pennsylvania 19106

Postmaster: This parcel may be opened for postal inspection if necessary. Return postage guaranteed.